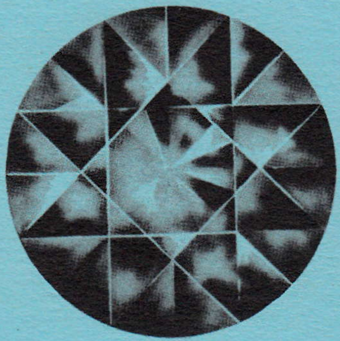
Release Your Cosmic Power



by

Michael X

RELEASE YOUR COSMIC POWER

- by -

MICHAEL X

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This is an Educational and Inspirational Course of Study...especially written and intended for NEW AGE Individuals everywhere. The following Seven Sections are contained herein:

1. "CHAOS AHEAD FOR THE MASSES!"
2. "HOW IS YOUR COSMIC BALANCE?"
3. "THE COSMIC BALANCE SECRET"
4. "SOME PROOFS OF THE PUDDING"
5. "EACH ONE REACH ONE -- NOW"
6. "YOUR COSMIC POWER PROGRAM"
7. "RELEASING THE COSMIC POWER"

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FOREWORD

THIS BOOK rings with urgency! The time for mere words without any action behind them, is past. All of us must now go into positive ACTION.

To assist and guide you in this present time of turmoil and confusion that is now gripping the masses of Mankind on Earth, this book with its unusual message has been written.

YOU will find in these pages a positive new "Way of Life" based on the Cosmic Secret of BALANCE. This Secret is vitally essential to you -- and to your world -- at this time.

MANY NEW AGE KEYS to peace, power and poise in today's mixed-up world are contained herein. All of these ideas, suggestions and practices are simple...yet packed with POWER.

This is a HOW TO book, for the Time for intensely practical instructions has come...and you are needed. As you RELEASE YOUR COSMIC POWER a new joy and freedom will be yours.

Although the masses of humanity on the Earth will make of this planet an Arena for their Mad Scenes...none of the violently destructive actions of others will be able to influence you negatively IF you continue to travel the NEW AGE PATH of SERVICE.

I urge you to be strong in your faith that a Higher Destiny is equalizing the great World Karma, and that he who serves his fellows is guided, protected and strengthened...with a magnificent COSMIC LIFE, LOVE, LIGHT!

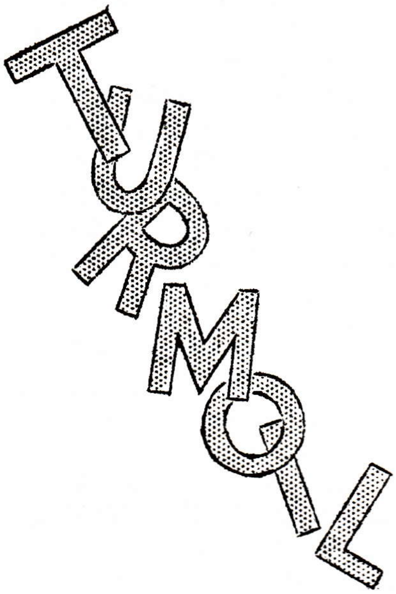
MICHAEL X

RELEASE YOUR COSMIC POWER

Part 1

"Chaos Ahead For The Masses!"

No question about it. The "Time of The Terrible Turmoil" -- the upsetting, miserable time spoken of by the great French Seer Nostradamus, and by the prophets of the Holy Bible -- is now upon us.



Watch for chaotic times to be the "order of the day" from now on, until this Time of Colossal Confusion passes.

You have sensed it, felt it, realized this fact....a deeply disturbing, chaotic vibration is now taking hold of the masses of mankind. In this book I shall reveal what is really back of this great confusion now gripping the world. And I shall point out a highly effective way whereby you can avoid, side-step , and by-pass the Terrible Turmoil and its dangers.

As I am sitting here at my typewriter clicking out these words that become sentences and and then turn into stimulating ideas, I am thinking strongly of you. You are my New Age Companion, my trusted friend. The fact that you are reading my ideas is proof that we are traveling what we know as the UPWARD PATH together.

YOU then, are my inspiration...my purpose and my reason for writing at all. I could just as easily be doing something else, but that would break my contact with you, and I've come to treasure your friendship even though we may never have met each other.

My friend, we must stick together in these times. All of us "New Age" souls are part of a tremendously important and beloved family. We belong together. Of that I am convinced. For it is up to us to carry the Banner of Life, Love and Light into a "mixed-up" world.

So I am going to talk to you heart-to-heart, and mind-to-mind and soul-to-soul in this book. And you will soon find that we are thinking and acting as one instead of as two separate individuals. But mark this: It is not a weakening but a strengthening condition... our acting as one, because we are unifying our powers into a greater power..and it is a power that acts.

THE GOLDEN LEGION is the name given to that great Legion of souls on earth who believe in Truth and Justice and goodness. It is a mighty power because all of the individual members of the group are unified by right thought, right feeling and right ACTION.

You and I and all the other magnificent members of Earth's GOLDEN LEGION of awakened souls are now "on the march!" Our purpose? To RELEASE OUR COSMIC POWER now for the betterment of our world and ourselves. I am not one of those fellows who believe that things are destined to happen in just ONE WAY, and that there is nothing we can do about it to help matters.

I believe that our ACTIONS can change a lot of things. I believe that people like us, who are truly dedicated to GOLDEN LEGION ACTIVITY, which is simply activity of a practical, positive kind that uplifts the vibrations of our fellowmen and ourselves, are enabled to tap Godlike powers when we REACH UP FOR THEM.

I am not a fatalist. We CAN make amazing changes in ourselves and in our world environment if we make up our minds to do just that, and then move together.

But let us talk plain "turkey". What is really back of all the mass-minded riots, the inter-racial mistrust, and the crime rise and violence today? That is the first thing we ought to discover in order to properly interpret this Great Turmoil that is "busting out" all around us in every part of the world.

WHY are dozens of opposing factions such as the Communists, anti-Communists, anti-Catholic, anti-Protestants, anti-Jew, anti-Negro and anti-white groups arising now in every city of America? Why is there a great CONFUSION in the minds and hearts of people all over the world? Why is humanity so very bewildered? We must know this -- the why of it all -- so that we will understand what is taking place in this Time.

The explanation for the "Colossal Confusion" we see in our world today is this: There has been a definite rise in vibration in our Solar System. Planet Earth is now absorbing many thousands of times more "Angstrom Units" of light than she previously did. An Angstrom Unit is the term used by scientists to measure the length of light waves. It's a tiny unit of length equal to one hundred-millionth of a centimeter. A centimeter -- according to the Metric Table -- is equal to 0.3937 inches or about 40/100ths of an inch.

In a previous book, "YOUR PART IN THE GREAT PLAN", we told you that the Solar System you and I live in is now receiving a greater vibratory stimulation. We pointed out that this stimulation is a positive one, a form of Cosmic Light energy bombardment from outer space. Its origin? A much larger sun than ours, a Central Sun called Vela (around which our Sun and its planets are orbiting) is sending its energy to us.

The Holy Bible speaks of a "first rain" and a "latter rain". It does not mean, however, that Earth is to be drenched with drops of water from moisture-filled clouds. That kind of "rain" would not be especially noteworthy for it happens quite regularly.

No, the "first rain" really means the first rise in vibratory stimulus that the Earth and all the other planets in this Sun System would experience when the Great Central Sun Vela is close enough to influence us.

This has already happened! We are now -- all of us -- experiencing this faster, stronger, vibration. We have been reacting to it ever since 1960 which was the year when the definite vibrational rise took place.

No man, no woman, no child living on Earth at this time can resist this positive new vibration, for the simple reason that it is "irresistible". It has a frequency far above any material frequencies, hence the Cosmic Vibrations are now affecting ALL LIFE levels upon the Earth and elsewhere in our Solar System.

Many, many individuals are, however, very UPSET by this "NEW AGE" vibration they are feeling now. They cannot understand why they should be so CONFUSED, so utterly "mixed-up" in all their reactions. You and I realize that the "mass-minded" are RESISTING the Light.

Resistance simply means that a person wants to cling to the old set of values -- strictly material values which one can see, taste, touch and hang-onto -- in spite of the scientific fact that Mankind's entire set of values IS RAPIDLY CHANGING!

Materialism -- to those who know -- is becoming obsolete, passe, outmoded. New Age organizations in all parts of the world are pointing out this fact... that "the Old Order passeth away" and has never completely satisfied us..even at its best. Not that we desire or need to turn our backs on the comforts and conveniences of the modern way of life..NO. But in order to live up to the increased demands of a stepped-up vibratory environment, what must we do?

Drop all that is negative. All that contracts, restricts, limits you or me or any man, must GO. "The only sin," said Emerson, "is limitation".

Life, Love and Light are the three great positives that are to be accented from now on. But the masses of humanity do not yet realize this. They have been held back for "lo, these many years" by what? Is it not the organized "Forces of Negative" on our planet?

YES! The "Forces of Negative" are no mystery if we once define who and what they are. The best way I know to do this is by contrasting them with the Forces of Light. Then we can see the basic difference.

	Negative	Positive
1.	Death	Life
2.	Hate	Love
3.	Darkness(Ignorance)	Light (Understanding)

Now you will at once see that the "Negatives" are opposite conditions which manifest whenever and wherever the "Positives" are lacking. We call the Forces of Positive the "Christ System" and the "Negatives" make up what we know as the "anti-Christ System".

The "Anti-Christ System" is built upon the false notion that man is "nothing but a hound-dog" -- a well developed animal. So why not keep people chained in Darkness, hating each other and killing each other? The "Money-Changers" have found this "System" works out most profitably for them, and the greedier they get for money the more Ignorance, Hatred and Death they cause in the world. What a system!

The "Christ System" on the other hand, is not at all based on greed for mere dollars. Instead it is based on a BALANCED GIVING, RECEIVING, and REGIVING.

Its goal is to free men and women into a greater awareness of Life, Love and Light and all the other Positives which automatically follow these basic three. You are not looked upon as a "super-animal" under the "Christ System". You are recognized as being a spiritual expression of God the Creator, and as such are entitled to your freedom to travel the UPWARD PATH.

Now here is the important point. Both of these two world-wide systems, the "Christ-System" and the "Anti-Christ System" are now being intensely stimulated by the influx of Cosmic Light from outer space. This Light -- or ultra-high frequency vibration -- is no respecter of persons. Like rain, it falls upon the just and the unjust alike.

It -- the Cosmic vibration from Vela -- augments or increases the negative or "evil" vibrations in humanity even as it stimulates and increases the positive or "good" vibrations in people everywhere. The "first rain" therefore, has stirred up the evil as well as the good qualities in human beings. This is the reason, then, for the MASS CONFUSION, RIOTING and VIOLENCE that has suddenly "let loose" in the world.

This is the reason why we may expect more CHAOS ahead for the masses of humanity who are under the iron grip of the "worn and weary" Anti-Christ System" but who are not yet strong enough to rise UP and OUT of it. Under the Cosmic Plan now in action in our Solar System, many shall be assisted to avoid all that is now upsetting the unwary.

Your GOLDEN KEYS to use now are three: (1) Balance, (2) Positivity (3) Love. I shall explain how to use each of these keys, as we advance page by page. God's unqualified promise and "guarantee" is this...that no harm will come upon you, no confusion will enter your consciousness, no violence will beset your path now or in days to come IF you will use these keys.

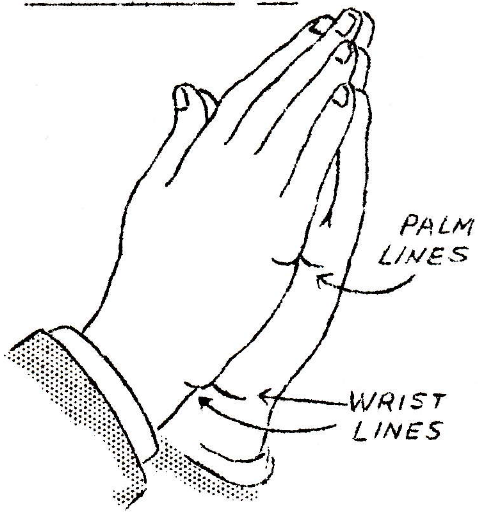
RELEASE YOUR COSMIC POWER

Part 2

"How Is Your Cosmic Balance?"

We have stated that the first GOLDEN KEY to the actual achieving of peace, power and poise during the Time of the Terrible Turmoil on earth is BALANCE. In this chapter my purpose will be to acquaint you with a most important discovery pertaining to the human body.

diagram 2



It has long been a common observation by photographers that many of the people who have their picture taken are not in physical "balance". For instance, one eye is quite often higher than the other eye, that is, not "level" with the other eye. Frequently a leg is shorter than the other leg or one shoulder higher than the other shoulder. This is a common complaint of tailors.

When the physical body is carefully measured, it is often found that one arm measures actually much longer than the other arm, or one leg longer than the other leg. Sometimes there is a variance of several inches between the length of the limbs. Why is this so?

Because the physical human body is not at all as "solid" or as "static" as it appears to be. No matter how much of a "heavyweight" you might be physically, your body will -- within certain limits -- shrink or expand instantly depending upon how much or how little the amount of Cosmic Life Force or Cosmic Electricity is permitted to enter into it.

What I am saying is that your physical body is designed by God and Nature to use Cosmic Electricity for its motive force. Every time you take a breath of air your right nostril extracts positive electrons out of that air, and the left nostril extracts negative electrons. This is Cosmic Electricity. Before it is sent into all parts of the body, the "C.E." has to pass through the "Life-Switch" in your brain. It is the purpose of this Life-Switch to send a BALANCED SUPPLY of Cosmic Electricity through your body. If the Life-Switch is not cramped, it sends an equal amount of current into both sides of your body.

BUT if that little Life-Switch -- which is actually the Pituitary Gland -- if it is cramped or depressed in any way, it tends to twist. When twisted, the Life-Switch is unable to send a balanced current into the body. One side of the body -- right or left, depending on how the Life-Switch was cramped, gets a much reduced supply of electricity. This immediately has a detrimental effect on that particular side of the body, shortening that side considerably.

Naturally, that is not good. Whenever the body is allowed to get out of electrical balance we can be sure that the physical body will show distortion.

But that is not the half of it. Body and Mind always "rise and fall" together. We have found that much of what we consider "evil" and "negative" and "destructive" in this world is caused by people who have gotten out of "electrical balance" and remained that way so long their acts became negative...evil.

Fortunately for you and me and all humanity, the principle also works the other way. When people who have been "out of balance" for years are taught the COSMIC BALANCE SECRET and become able to balance themselves, they speedily "eliminate the negative" and begin to make great strides toward constructive living.

THIS, in fact, is the one great HOPE of the world and mankind today. All men must discover BALANCE and when they do we shall have the Millenium of Peace.

Perhaps the greatest revelation in regard to the positive need for human balancing today is this: God made men in a perfect mould, electrically balanced in negative and positive. IF that mould is kept in perfect condition -- balanced -- then all that comes forth from it will be perfect and good. But if we let that balanced would become unbalanced, all that comes forth from it in the way of forms, ideas and acts is bound to be "out of harmony", "destructive" and "negative".

Before I ask you the big question (How is your Cosmic Balance) it is necessary that I explain how we --all of us in the human race -- can and do get out of electrical balance and how we can avoid doing so.

1. Negative Emotions. All negative emotions, particularly hate and fear, cause the brain-case or cranium to tighten and contract upon itself. This causes the Life-Switch (Pituitary) to be cramped and low and twisting. This is one good reason why you should have nothing to do with the "Merchants of Hate" who will be especially active in the Great Turmoil now beginning. Even if you don't join them, refusing to have any part of their hate mongering...they are still dangerous to you and me. Their hate vibrations are filling the ethers of space and the negative vibrations can affect us detrimentally if we are not in balance.

2. More activity of one side of the body. Most of us use the right hand oftener than the left. The "Balance technique" practiced often, can equalize you.

3. Shaking hands. When two right hands meet, the result is harmful to both parties. This is true becausethe right side of the human body is positive and the left side negative, electrically speaking. Imagine what a CLASH occurs when the positive electrons of your right hand contact the positive electrons of my right hand. We are both "shorted out" on the right.

Instead of the CLASH method, let us use the NEW AGE handshake. When you meet a person and wish to shake hands, reach out with your right hand as usual but just before your hands meet gently grasp his right hand close to the wrist with your LEFT hand. Then shake with right hands but keep your left hand on his wrist. Release your right hand first when greeting is over.

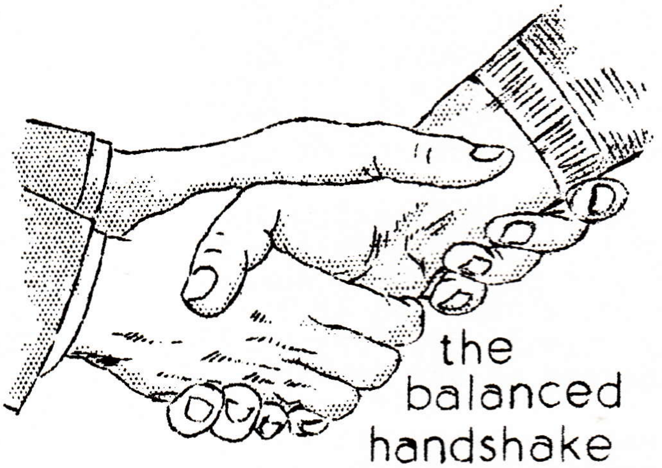
TO CHECK yourself now for Cosmic Balance, place your hands together (See Diagram 2), making sure that the lines at the base of your palms are lined up perfectly even with one another. Now put the hands together as if you were praying, and test to see whether one hand is shorter than the other. If so, you are "out of balance". If both hands match in length, you are in good "Cosmic Balance".

RELEASE YOUR COSMIC POWER

Part 3

"The Cosmic Balance Secret"

There is a simple, but highly effective Secret that you should know about at this time. We call it, for want of a better name, "The Cosmic Balance Secret".



the balanced handshake

Once you have learned this Secret, you'll be able to re-balance yourself in a matter of seconds. By that I mean that you are enabled to restore your "electrical balance" simply by using this Cosmic Balance Secret.

When you use this "NEW AGE" Secret, what happens? Naturally you want to know that before you even decide to make use of the Secret. Of course, I have mentioned briefly some of the good effects you may expect from this technique, but I now wish to assure you that it is a simple and safe procedure. It is not the least dangerous. On the other hand, the good results are worth "shouting" about.

First of all, you have "checked" yourself by putting the two hands together so that the line on your right wrist (at bottom of the palm) exactly matches the natural groove or line on your left wrist. If you found one hand was slightly shorter than the other, it indicates "electrical imbalance" of the body.

What did you find? Were you "in" or "out" of balance? If you are one of the extremely few persons in the world who happen to be "in balance"--good! But in order for you to learn the wonderful technique of re-balancing yourself, it will be necessary for you to let yourself get "out of balance" for a few moments.

Only by first being out of balance, will you be able to see how easily and quickly the Cosmic Balance Secret works when you put it to the "test". So if you are certain that you are "in balance" all you need do to throw yourself out of balance is to shake hands with somebody in the usual way (right to right). Be sure you don't use the NEW AGE handshake for this experiment. Simply shake someone's right hand with your right hand as vigorously as you wish.

After doing that, check yourself for balance again by placing your two hands together in praying position with wrist lines matching. You will now discover that your right hand is not as long as the left hand. Shaking hands right to right has "shorted you electrically" on the right side of the body. If performed just as directed, this experiment is proof of how easy it is to "short-circuit" the body, causing it to become perceptibly "crooked" instead of straight.

You know how politicians are forever shaking the hands of the good people whom they hope will re-elect them? Why, I've seen some of those politicians shake hands with several hundred persons at the end of their political rallys. Imagine, my friend, how "crooked" those politicians must be by the end of the meeting!

All right. You are now ready to learn all about the "Secret" and put it into practice at once. Here is what I am going to ask you to do.

Step 1. Stand or sit relaxed, face looking directly ahead of you.

Step 2. Open your mouth slowly as wide as you comfortably can, in a big "make-believe" yawn. If you wish to cover the mouth with palm of one hand you may do so. It does not matter which hand you use.

Step 3. While mouth is still open wide, lift your eyes upward as high as you comfortably can, as though you were "lifting up your eyes to the mountains, from whence cometh your help". Try to feel an expansion of your forehead above the eyes as you do this. Do not, however, let the head tilt back. Keep your head level, with face pointing straight ahead. Hold this position for 6 seconds, then close mouth, lower eyes to normal position and relax.

You have just performed the "Cosmic Balance Secret" and are now numbered among "those who know". I shall have more to say a bit later as to your vital role in our great cause -- helping the whole world of humanity to know and use this Secret -- but right now the important thing to see is how successful you were in re-balancing your body. At this point, please check yourself for balance in the customary way. How did you do? Are both hands now the same length?

Excellent! Good work! Nine out of ten persons are able to put themselves into perfect balance the very first time they try the Cosmic Balance Secret. I trust you have been successful also. If not, practice the three steps again until you notice the desired results. Also, remember that the real "secret" of this method is to bring about a sufficient "expansion" of the cranium, especially the forehead area.

This expansion -- gentle as it may be -- is very beneficial because it instantly allows more room, more space for the brain and for the little Life-Switch -- Pituitary -- to function. When the skull is cramped, the Life-Switch is also cramped. Practice of the Cosmic Balance Secret acts to "uncramp" the skull bones and this releases the Life-Switch into freer action.

As you lift your eyes upward "to the high hills" you are lifting the cranial bones which in turn lift up the Pituitary Gland, freeing it from its tension and twisted position. It then instantly "untwists" from abnormal cramped position to normal uncramped position. It is then able to send a perfectly balanced supply of electrical current into right, middle, and left sides of the physical body...aligning every cell perfectly from the top of your head to the tips of your toes. All this in a matter of seconds.

Now I have a little story to tell you. It's a true story, and will give you something of the background of the COSMIC BALANCE SECRET...so you will know how the idea came into being and where it started.

Many years ago in a little red schoolhouse, a wise and kindly teacher was giving a talk to the graduation class of very eager, very young students.

"Some of you," said the teacher, "will go out into the world and become skilled workers, such as Carpenters, Machinists, Auto Mechanics, Draftsmen, Stenographers, Secretaries and craftsmen of all kinds.

"And some of you will become professional people such as doctors, lawyers, writers, artists, actors, and other professions of your particular choice. You might even decide to follow my vocation and become a teacher." At this point she smiled broadly.

"All of those vocations and skillful services are needed by humanity and are good, worthy and important pursuits for you to follow in life," she said.

"But there will be a few of you who will go one step beyond those things by discovering some principle -- some universal secret -- that will BLESS THE WHOLE WORLD!"

I do not know how many children in the class that day were impressed enough by the teacher's words to really take them seriously in the years that followed. One little boy, however, was impressed. He never forgot the teacher's prediction that "a few will hit upon something that will bring BLESSINGS to the whole world".

The little boy grew up and became a Doctor. But in spite of all the good he did in "mending the broken bodies" that came to him for help, he was not entirely happy nor satisfied. He had not yet found the SECRET.

Then one fine day the "Father of All Blessings" -- whom we call God -- revealed the Cosmic Balance Secret to the Doctor in our story. In case you haven't already guessed, that Doctor is the very one I refer to as "Dr. C" in a previous book: Venusian Health Magic.

No amount of money or material wealth could ever repay "Dr. C" for the health, happiness and joy that his COSMIC BALANCE SECRET has already brought about, and......will continue to bring about in the world.

We can, however, give him full credit for the discovery of the Secret, which is blessing us right now. When I first learned the Secret from "Dr. C", I learned at the same time that he wanted me to teach it to others so that all humanity might be blessed also.

I have taught the Cosmic Balance Secret to you because I wanted to share this blessing with you, that you may be fully equipped with the positive means of coming safely through the Great Turmoil of the World.

After the lecture, a young man -- a student in the local College -- came up to me with a question.

"I was interested," he said, "in your story of how you assisted the little dog by raising his Life-Switch at a distance. It seems to me that if you could do that for animals you could also do it for humans, and so help them, right?"

"Right," I admitted, "It is possible for any awakened individual to do for himself or others the same thing that was done for the dog...IF one knows how to do it and is motivated by a Cosmic Love."

"You may balance me," the young man said, "but only on one condition. That is, that I will not lose anything in the process. That I will retain my individuality! I cannot afford to lose that!"

I at once reassured the student that he would lose nothing by being balanced, that his personality and individuality would express itself better in a balanced body. Upon learning this he was pleased.

I then showed him how he could determine whether his body was balanced or out of balance. Upon checking, he found himself shorter on his right side. The right arm, when compared with the left, was more than one inch shorter in length.

Rather than have him rely or depend upon me or anyone else to "balance" him, I taught him how to balance himself...and within seconds he had grasped the technique -- the Cosmic Balance Secret -- and put it to work bringing himself into perfect balance.

The "Mental Technique" which Violet and I used to assist the little dog, is one of the advanced lessons in re-balancing others. It should not be tried until you have first mastered the Self-Balancing practice. This comes first and is basic. It is of little use to attempt something on a mental level until one is able to perform a physical exercise well enough to bring about perfect balance within himself.

By the way, both techniques -- mental and physical -- accomplish the very same result, which is the expanding of the temporal bones in the cranium...so that the Pituitary Gland (the Life-Switch) has more space in which to "uncramp" itself and restore normal physical balance in the body.

Here is a variation of the Cosmic Balance Secret which you should know about:

Step 1. Sit or stand in relaxed position, with face looking straight in front of you.

Step 2. Place your hands together (like two plates) in front of chest, fingers pointing forward.

Step 3. Now press your hands together as tightly as you can, resisting one hand against the other firmly.

Step 4. While pressing both hands tightly together, lift your eyes upward as high as you can. (Eyes only, not the head.) Hold this position for 5 seconds, then lower eyes and relax yourself. Do not hold the breath.

If you did this correctly, you noticed a feeling of expansion in the area of the forehead above the eyes. That gentle expansion releases the "kinks" and tension in the Life-Switch and gives it more space.

Simple as this Balance Technique may appear, it should not be under-estimated as to its virtues and beneficial effects which are exceedingly marvelous. The method you are now learning required many thousands of hours -- years in fact -- to refine and simplify so that any human being could use it easily.

When you keep yourself "in balance" continually, hour by hour, day by day all through the years, you'll experience for yourself the "proof of the pudding". I have listed some of the observable effects you may expect to realize in your life when you put the Cosmic Balance Secret to work for you every day. We, of course, understand that other factors must not be neglected, if we truly want to be good examples of a NEW ERA.

First of all comes (1) Balance, then (2) Physical purification, (3) Vital Food, (4) Moderate Exercise, (5) Fresh Air, (6) Sunshine, (7) A tranquil mind.

How would you like to improve your "good looks" and hold back the hands of Old Father Time, to the extent that your family and friends are constantly amazed by your youthfulness and natural pep? I'm sure that you, being intelligent, are as interested in that desirable condition as I am. Well, let me assure you that the COSMIC BALANCE SECRET is the one biggest step in "turning back the clock".

Let's take a look at the following list:

GOOD EFFECTS OF BALANCE	BAD EFFECTS OF UN-BALANCE
1. A Straight Body	1. A Crooked body
2. Ease and well-being	2. Dis-Ease & Discomfort
3. Expanded cranium	3. Cramped Cranium
4. A Clear mind	4. A Muddled mind
5. Positive thinking	5. Negative thinking
6. Positive emotions	6. Negative emotions
7. Beauty	7. Ugliness
8. Dynamic Power	8. Weakness
9. Retarded Aging	9. Rapid Aging
10. Self-Confidence	10. Timidity

Given a free choice, which conditions would you choose for yourself and your loved ones? Ah! -- you say you prefer the good effects of balance? That is splendid and of course you know you must stand by your choice and that means you must use the COSMIC BALANCE SECRET daily.

Recently I stopped in to visit with a machinist friend of mine and was deeply impressed by something he told me. He pointed out to me that all good machinists take extra special pains to make sure that the precision machines they intend to use are "on the level" when installed in the shop. If the machines are not setting perfectly level on the floor they soon begin to "vibrate" so much that they are quickly worn out.

The faster the machine runs, the faster it wears itself out -- if it is not level or "balanced". This idea also applies to human beings. We know that the universal law of Equilibrium (Balance) is vitally important to all of us NEW AGE people now, because of two things: (1) The stepped-up cosmic vibration that began in 1960 and will gradually increase, and (2) The Great Turmoil of clashing mental cross-currents in all parts of the world today. We cannot afford to let these "mass-minded" vibrations throw us "off-center"!

RELEASE YOUR COSMIC POWER

Part 5

"Each One Reach One" -- NOW

So vital is the COSMIC BALANCE SECRET to the progress and harmony of the whole world, it cannot be kept a secret any longer. This is where you enter the picture in a most IMPORTANT way. How? Like this:

As soon as you master the technique of "self-balancing" pass the secret on freely to one other person within seven days from the day you yourself learned how to do it.

This simple "chain-reaction " plan of spreading highly important NEW AGE knowledge has already been started by myself and others in dozens of NEW AGE groups all over the country. Nobody on earth can stop it now. It is sweeping like wildfire from one "awakened" individual to another and cannot possibly be halted until all those who are intended by the Creator to know the SECRET have been told about it. No "Anti-Christ" force can stop it.

EACH ONE REACH ONE -- NOW! That is my objective and yours. I am acting under "higher orders" to pass the SECRET along to you, WHY? Because this knowledge is needed by all awakened mankind -- now -- in order that we may set the world stage for A GLORIOUS LIFE in which is no disease or death, in the millenium that is just ahead. Will you march with us my friend, towards the magnificent GOLDEN SUNRISE we are all heading for?

"Is it permissible for me to teach more than one?" you are wondering. The answer: YES! The more you feel impelled to instruct regarding the COSMIC BALANCE SECRET the sooner we will all be enjoying a healthier, happier and nobler LIFE here on this planet.

BUT -- please use your best judgment! I do not want you to rush out and tell the secret to someone who is not open-minded to NEW AGE ideas. You want to reach some sincere soul who will listen to you, not LAUGH at you. No matter what you are attempting to do, if you "cast your pearls--" you know the rest of that story. You must not run the risk of having people SOUR you on the whole idea by laughing at it.

This SECRET is, after all, a sacred thing. We who have been given this priceless information about the "Life-Switch" and the Balance Law are convinced that the whole tremendous question of WHY YOU LIVE and WHY YOU DIE is wrapped up in it. It is, at the very least, the best answer that exists right now.

So use your very best judgment in deciding whom you will reveal the Secret to. Sometimes a complete stranger is more sympathetic and appreciative of our ideas than are members of our own family. However, I am leaving it up to you and your "intuition" to choose the ones you will tell.

Here then, is what you are to do:

1. LEARN the Cosmic Balance Secret yourself. Be able to demonstrate it easily and smoothly, at any time you may be required to do so. Practice the secret immediately upon arising each morning. It is a good idea also to practice it once every afternoon.

2. TEACH the Cosmic Balance Secret to another person within SEVEN days (7 days) after learning it yourself. In teaching others, simply go through the actual motions yourself and have the friend or student imitate what you are doing. It is not necessary for you to touch the other person in order to instruct him successfully in the use of the SECRET. It is legally wise, in fact, to make a special effort NOT to touch your student when teaching this technique.

I once read a statement made by The famous artist Bob Ripley of "Believe It Or Not" fame. Suppose you tell some person a "Secret" and ask him to tell another person that same secret right away. On that basis of each one telling the secret to another one, and assuming there is no break in the chain....your "secret" would travel all around the world in seven days! That -- according to Ripley -- is a FACT, "believe it or not!" Well, Bob, we DO BELIEVE IT!

That's why we've got this COSMIC BALANCE SECRET started on its way around the world by the "person-to-person" chain-reaction system! And -- to prevent a failure somewhere along the line -- we've started a great number of "chains", thousands of them..so that even if there is a "break" in one or more chains, we know that at least ONE will NOT BREAK. It will carry this supremely vital NEW AGE knowledge to all people.

YOU, my friend, are the head of one of these all-important person-to-person chains. Perhaps the chain you start will be the one that spreads out through all the world, helping countless numbers of human beings. I hope it is. And here is a helpful suggestion:

3. EXTRACT a promise from the one who learns the Secret from you, that he or she will in turn pass it on to one (or more) others within seven (7) days. Once you secure a heart-felt promise from another, it is a pretty good sign that he will do what he says.

Why the SEVEN DAY limit? That is to motivate individuals into positive and definite ACTION. We can write and talk all we like about the "Secret", but unless we go into real action and actually demonstrate to others HOW TO DO IT,.........???

EACH ONE REACH ONE -- NOW. This is your test, as it is mine. If we, because of insincerity or lack of courageous daring for the "Cause"-- FAIL in this little test -- the door to our own greater good and the happiness of all mankind -- may close, not to be reopened by some of us during this crucial Time.

Neither words nor excuses can really make up for things we fail to do while we are here. It is like the case of the absent-minded carpenter who showed up on the job without his hammer and as a result the house did not go up that day.

On the other hand, by going into action at once for the Cause of World Balance and Well-Being, you will be assisting the Forces of Light in a wonderful way. Certain "Karmic Debts" you might now have hanging over you will be "written off" as paid in full. This is the time for clearing the Karmic records, and though there are other deeds we shall perform before we reach the GOLDEN SUNRISE, this action is BASIC.

RELEASE YOUR COSMIC POWER

Part 6

"Your Cosmic Power Program"

In this chapter of our book I am going to give you a Program for increasing your supply of Cosmic Power, so that your power for GOOD will steadily increase.

THINK

FEEL

ACT

I have found from long experience, that a definite and practical Program is an absolute MUST for individuals who really want to make rapid, positive progress on THE PATH.

Your Cosmic Power Program is very important to you, because it organizes your body, mind and soul for a specific purpose. It points out to you what your purpose really is, then outlines the steps that ought to be followed in order for you to accomplish that purpose...in a positive way. This, then, is a Program designed for a Purpose.

Your Purpose -- and it's an Eternal Purpose -- is to think, feel and act for the highest good of the Cosmic Universe and all of the living beings within it.

That is your "Cosmic Viewpoint", the attitude you need to have and hold if you desire to live into the Golden Age of Peace, Power and Plenty on this earth. Cosmic Power -- and I shall define this term in a simple way very shortly -- will flow into you and through you to bless the whole Universe only when you SEE the Eternal Purpose in your life.

Your greatest strength lies in your purpose. If you see and know your purpose, your objective, you are going to succeed in realizing your spiritual destiny. Seeing your purpose gives you a powerful incentive to move in the desired direction. When you do that, you will see positive results and that will release your enthusiasm...and you will continue making progress. No purpose equals no action. No action equals failure.

Now let's define "Cosmic Power". If we are going to "release our Cosmic Power" we have to know clearly what we mean by that term, and then we have to know how best to accumulate the Power and send it forth.

Cosmic Power is the universal energy, or solar force which fills all space in the Cosmos. It is the living light of the Logos -- God -- which is sent out into our Cosmic Universe from the "Sun behind the Sun". Because this power comes from a Sun infinitely bigger in size than our own physical Sun, it is also termed the "Super Solar Force" and "The Universal Fire".

Super Solar Force (Cosmic Power) may be described as living, conscious electricity -- of incredible voltage -- and hardly comparable to the form of electricity known to the human race.

This Force can be governed by man, and when governed is the immortal energy which the soul uses to build up man's "Solar" or Spiritual Body. It is this Cosmic Power which every spiritual Initiate must use to strengthen and perfect the "Golden Wedding Garment".

STORING UP SOLAR POWER

If you will agree that all life upon this planet is directly dependent upon the energies sent to it by the Sun of our Solar System...and science now admits that our physical bodies are nothing less than "concentrated sunshine" built up into forms...then the truth is at once realized. We are Sun-powered beings!

Mystics and students of the "Greater Mysteries" have long known that the Sun is supreme within its own system of planets. But they also knew of a greater, "Sun behind the Sun" -- a massive central sun that is situated at the very hub of this Universe, and which influences and controls all other Suns. It is sometimes referred to as the "Supreme Star".

The energy from our physical Sun is known as Solar Force, while the energy from the great Central Sun is known as "Super Solar Force" since it is of much greater strength and positivity.

A time will come when, as you continue progressing on the UPWARD PATH, Super Solar Force will awaken the higher spiritual centers in your brain, into activity. Then you will experience "COSMIC CONSCIOUSNESS" which is higher illumination by the GOD-Spirit.

I would feel terribly remiss in my duty if I did not, at this point in your study, CAUTION you regarding the physical hazards of attempting to force your spiritual progress by "forcing methods" of any kind. These include: "Sitting in the dark for Development", "Concentrating on the Solar Plexus", "Alternate breathing to arouse the fiery Kundalini energy" (Solar force which lies sleeping at base of man's spine). These "forcing methods" are almost always DISASTROUS!

Rather than "force" -- which is always destructive -- my counsel to you is to use "Love" and "Balance" as your spiritual guide-posts. If you seek first the true Kingdom of Heaven (Harmony, Love, Balance) all these things (which are good for you and the universe) shall be added unto you.

You can, however, and should store up a larger supply of Solar Force within your body cells and within your nervous system as this will in no way hinder your spiritual unfoldment nor endanger you. How may you do this in the most healthful and positive way?

Here are two ways I have found highly effective in storing up solar power within my body. (1) By using an abundance of "Solar Foods" in my daily diet; (2) By a definite practice of consciously in-drawing Solar Light Energy into my body for 15 minutes or more three times each week.

THE BEST "SOLAR" FOOD

Sunflower seeds are Mother Nature's one "best" Solar Food for "stepping up" man's vibrations, and increasing his bodily supply of solar energy. I have obtained wonderful results by including Sunflower seeds in my diet each day. I recommend them to you.

Here is how I have benefited from them. Firstly, my energy level is considerably higher both physically and mentally than before using Sunflower Seeds as food. Secondly, I find that I now have more COSMIC POWER to use for assisting other individuals near or distant. You too will derive "Super-Power" from this Super-Food.

Because the Sunflower turns its head and "follows the Sun" all day long, the Seeds are simply drenched in SOLAR ENERGY at its maximum maturity in a food. I find Sunflower Seeds very delicious as well as highly nutritious. But the reason I am recommending them to you now is mainly for their high SOLAR ENERGY CONTENT.

How much should one eat per day? I personally use not less than 2 ounces of the Seeds daily. I like to sprinkle them -- in coarse meal form -- on top of a dish of fresh apples or peaches and add a little fresh cream and natural honey. Simply delicious!

If chewing the seeds presents a problem to you, just place the seeds dry in any good electric blendor (we use the Osterizer) place lid on, then turn on motor to low speed for about half a minute. This will make a wonderful flaky meal of your two ounces of hulled sunflower seed, ready to eat. Never cook solar foods.

Health Food stores are your best source of supply for Sunflower Seeds. Ask for "Hulled Sunflower Seeds" but be sure you do not get chemically treated seeds. I use EL MOLINO brand hulled Sunflower Seeds, packaged by EL MOLINO MILLS, Alhambra, California.

It is best to buy the hulled seeds rather than the packaged Sunflower Seed MEAL. The ground-up Meal may have been on the shelf long enough to turn rancid or slightly bitter. If you grind your own Seeds you are always sure of having sweet-tasting delicious fresh Sunflower Meal that is wholesome and flavorful. Grind only as much as you plan to use in one day. Or, you may prefer not to grind them, but to chew them whole.

HOW TO SET UP YOUR PROGRAM

1. SYSTEM. Every athlete soon discovers that he must be systematic in his physical exercising or the results are almost nil. The same thing is true in the spiritual department of life. Spiritual "muscles" have to be exercised regularly on a systematic basis.

Bodybuilders usually "work out" at least three days every week, on alternate days like Monday, Wednesday and Friday...or Tuesday, Thursday, Saturday. The weekend is left "free" for relaxation and diversion so that the desire to exercise is not diminished.

My suggestion to you is to follow a similar plan for building up positive SPIRITUAL POWER. You are going to find that this will be far more IMPORTANT and VITAL to you than physical body power from now on.

You *must not*, however, allow yourself to use this as an *excuse* to neglect your physical body. Remember, body and mind rise and fall together" and your mentality must be kept keen, quick and alert. Here is one effective way to SCHEDULE your Personal Power Program:

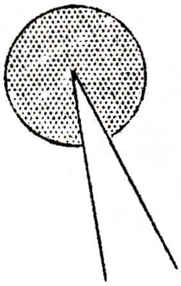
DAY OF WEEK	ACTIVITY
1. Monday	Physical
2. Tuesday	Spiritual
3. Wednesday	Physical
4. Thursday	Spiritual
5. Friday	Physical
6. Saturday	--------
7. Sunday	Spiritual

On this suggested schedule, you devote special attention to the care, feeding and exercise of your physical body on three alternate days that are most suitable to you. Follow whatever mode of exercising appeals to you: hiking, climbing, swimming, calisthenics, weight-lifting, eurythmic dancing, tennis, etc.

In physical exercising always strive to better your previous attempts. Don't be satisfied to remain on the same physical level forever, but keep doing a little better each time and improve yourself.

Spiritual development follows the same law of improvement and "progression". By setting *three definite days* in every week for spiritual exercises and NEW AGE practices, *you will build power quickly*.

You may now begin to think of yourself as a "Spiritual Athlete" in training for greater work with the GOLDEN LEGION of awakened souls everywhere. I shall give you four (4) special practices to follow, in the next chapter of this book. Before you do the practices I want you to write down your SCHEDULE now, of the 3 days you will devote each week for realizing and increasing your COSMIC POWER. Write your SCHEDULE on an easy-to-read sheet of paper or on a card and post it on your home bulletin board, or where you will see it.

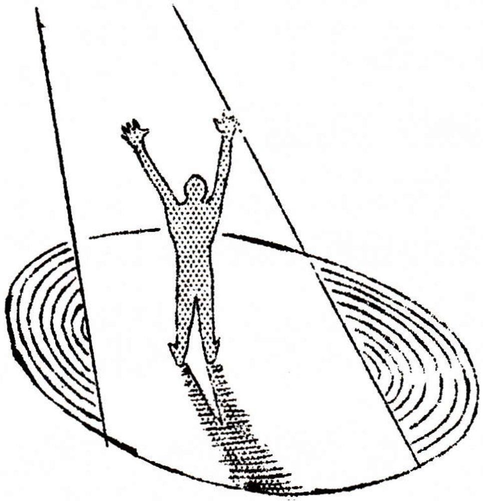


RELEASE YOUR COSMIC POWER

Part 7

"Releasing The Cosmic Power"

THE COSMIC POWER that runs the universe, spins the planets in their orbits, and which fills all space -- is the same Cosmic Power that gives you LIFE. If your contact with that "living, conscious electricity" is positive, you will express MORE ABUNDANT LIFE. In this chapter I shall reveal FOUR (4) special practices you may use at once to "recharge" yourself with Cosmic Power or universal energy.



I shall also explain how you may best RELEASE your increased power in a way that will bring about endless new JOY and HAPPINESS..not only to you but to the Universe.

THE BIG KEY, the basic secret of attracting Cosmic Power to you is to work on a principle known to all mystics as "the law of Correspondences". More simply, that means "Like Attracts Like" in the mental and spiritual realms.

We make use of that basic principle by realizing in our mind that we are far more than mere physical human bodies. We are SUNS. Just as the Solar Sun in the sky "out-shines" life, love and light to all its planets, so do we "outshine" our life, love and light into our world -- and even beyond.

THIS IS THE SECRET. You must begin now to think of yourself as a "Sun" that must out-shine and not repress any of the natural activity of life, love and intelligence. The more you realize how much of a "Sun" you really are, the greater will be your affinity for LIFE, LOVE and LIGHT from the great "Sun behind the Sun".

To prepare yourself for the practices that follow, check yourself at this time to make sure you are in good BALANCE and HARMONY before you proceed.

Sit or stand in a comfortable, relaxed posture, with body straight and back of head in line with your spine. Let your breathing rate be somewhat slower than usual. This helps to reduce excessive speed of the mental action and keeps you calm and poised. Time duration of each Practice may vary according to needs. Repeat the following affirmation silently, 3 times:

I AM A TRUE SPIRITUAL SUN!
I OUT-SHINE LIFE, LOVE, LIGHT!

This strengthens your mental and spiritual affinity with the Cosmic Power of the universe. Now you are ready for special practice Number 1.

IN-DRAWING THE COSMIC ENERGY

(Practice No. 1)

(1) Quiet the mind by breathing slowly 3 times.

(2) Tune-out all negative thoughts by telling brain and body to "Be still and know I AM, I AM I, I AM THAT I AM."

(3) Raise your arms, extending them toward the Sun or the heavens. Spread your fingers fanwise, close your eyes and feel the vibrations of LIFE FORCE beginning to flow into and through your body.

(4) Say silently (or audibly if with a group):

I AM LIFE! (3 times)
I AM LOVE! " "
I AM LIGHT! " "

(5) Now bring both hands together above your head, closing fingers together so that hands are in praying position above you. Then keeping hands locked together, lower your arms to your chest exactly in front of the heart. Point fingers straight ahead.

(6) Keeping your thumbs and fingertips together, turn your fingers so they point to your heart. This is very beneficial, and strengthens the Cosmic Light Circuit between heart and head. EXHALE for 7 counts. As you exhale, direct the Cosmic Life Force to enter the heart, recharging it and the brain centers. The

secret of this and all the other special practices is to do them in a conscious manner. Know in your own mind what you want to accomplish and then do it with your thinking, willing and feeling, in concentration.

* * * * *

PROJECTING THE ENERGY TO OTHERS

(Practice No. 2)

(1) Take in Cosmic Energy as in Practice No. 1.

(2) Speak to the Father Within, your Higher Self and say: "Thy Will, not mine, be done!" This eliminates the little self will...puts you in tune with the Cosmic Will and lets in POWER, LOVE, WISDOM.

(3) Extend both arms straight in front of you and slowly fill your lungs with air, taking a breath of air to each count while counting to 7.

(4) Point your arms in direction of the person to whom you wish to send the Power. If you do not know the exact direction, spread your fingers fanwise.

(5) Exhale slowly while counting to 7, and as you are exhaling, WILL the Cosmic Energy to instantly travel to the person whom you are visualizing.

(6) Re-charge yourself and relax.

* * * * *

RELEASING THE COSMIC BALANCE LIGHT

(Practice No. 3)

THE Cosmic Green Light is the BALANCING ray, and exerts an exceedingly potent effect whenever it is used. It stabilizes, balances, quiets and relaxes. In the color spectrum, green is mid-way between the highest and the lowest color energies. You will find abundant use for the Cosmic Green energy as conditions grow more turbulent, chaotic and violent in the world from now on. Each member of the GOLDEN LEGION on Earth is expected to release the clear Cosmic Green Light in full strength during all times of crisis and discord. So let us read on and learn how to do this effectively.

The Practice is as follows:

(1) Close your eyes, relax and visualize a large white sun sitting in the sky above you. Keep watching that sun mentally until it appears very white. When it does, look at the exact center of that Sun.

(2) Now bring to mind the memory of the color GREEN as it appears in most traffic signal lights..a brilliant clear green. Mentally see a narrow beam or ray of that COSMIC GREEN LIGHT emanating out of the center of the Sun, and entering your forehead.

(3) While you are imaging the charging color mentally, you must begin the Master Breath: Inhale slowly to count of 7 and hold for 1 count.

(4) Now you have breathed in the COSMIC GREEN LIGHT on your inhaling breath. You have charged your own centers of balance and brought yourself into harmony. Next step is to send out the charge to others.

(5) Hold a mental image in mind of the one you desire to assist, and slowly EXHALE to count of 7. At each count you must think, feel and will the force of the COSMIC GREEN LIGHT to project out from you instantly and charge the one you are thinking of. SEE the light raying out in a beam from your forehead and entering middle of other person's forehead. This must all be done with a transcendent feeling of high Love.

* * * *

DIAMOND STAR MEDITATION

(Practice No. 4)

Your closing practice is a powerful meditative invocation. When you are entirely alone and undisturbed and in a very peaceful state of mind..gaze for 60 full seconds at the illustration of THE DIAMOND on page 32.

When the image of the diamond is strong, clear, and vivid in your mind, close your eyes. Now see the diamond mentally as being directly in front of you... and EXPANDING IN SIZE rapidly until it is large enough for you to step inside of that diamond. As soon as it is that size you must mentally step inside and begin to perform the Master Breath (Inhale 7 counts -- Hold for 1 count -- Exhale for 7 counts -- Hold for 1 count.)

On the inhaling breath, which is done very slowly, will that your vibration be raised with each count. Make a mental request of your High Self (Spiritual Guardian) to protect you by keeping your vibrational "uplift" within safe limits for you at this time.

Affirm: "I AM LIGHT!" with each count while inhaling.

When count of 7 is reached, hold for one count and realize mentally and emotionally whatever change you are experiencing in your personal vibrations. Notice also how tremendously BRIGHT AND SCINTILLATING the Diamond sphere, in which you are standing (mentally) has now become. This realization increases with each practice.

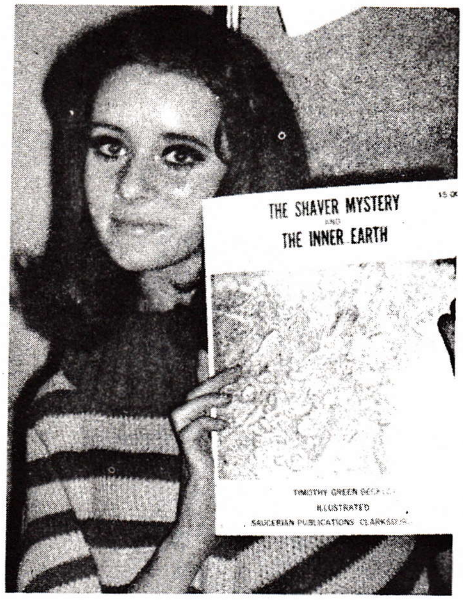
Begin now to exhale slowly to count of 7, and at each count send out your increased LIGHT, LOVE AND LIFE into the UNIVERSAL Ethers to bless all living beings. After finishing the count of 7, hold breath for count of 1 and relax. Conclude by directing mentally that the Diamond recede in size to its original size.

Open your eyes now and look again at the Diamond illustrated on page 32. Meditate for a while on the spiritual truth that a CENTRAL LIGHT or DIAMOND STAR dwells within you and within all mankind. It is your "Divine Spark" or Spiritual Light. This Light is the Star of the True or Divine Will of the Universe. It is of the most intense brilliance, like a great Diamond. You and I and all men may freely place our own little personal wills in line with its Guidance.

There is a wondrous MYSTERY and glorious purpose to the above Practice of the DIAMOND STAR MEDITATION. I must not reveal this to you now, but to all those who faithfully do this Practice regularly, will come the full and complete revelation from within.

Will you, my Friend, unfold the sacred mystery of the DIAMOND STAR? I believe that you will, because I have deep faith and belief in you...as one of the Golden Legion.

You can use these Cosmic Power Practices to aid other human beings, to bring healing LIFE to others.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